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Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth and Their Allies

Ellen Bass, Kate Kaufman

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Free Your Mind is the definitive practical guide for gay, lesbian, and bisexual youth -- and their families, teachers, counselors and friends. For too long, gay youth have wanted to be themselves and to feel good about it, but most have been isolated, afraid, harassed, or worse. Their very existence has been ignored, whispered about, or swept under the rug.

But each day more and more lesbian, gay, and bisexual youth are standing up, speaking out, breaking down stereotypes, demanding rights and recognition -- shining. In this book, young people share their joy and their pain, their hopes and fears, the formidable obstacles they have faced and overcome, and the exciting opportunities they have discovered.

Free Your Mind speaks to the basic aspects of the lives of gay, lesbian and bisexual youth: Self-Discovery; Friends and Lovers; Family; School; Spirituality; Community. Alive with the voices of more than fifty young people, rich in accurate information and positive practical advice, *Free Your Mind* talks about how to come out, deal with problems, make healthy choices about relationships and sex, connect with other gay youth and supportive adults, and take pride and participate in the gay and lesbian community. *Free Your Mind* also presents detailed guidance for adults who want to make the world safer for lesbian, gay and bisexual youth.

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